

HEALTHWORKS COOLIDGE CORNER HWX Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
IGNITE 6:00 – 6:45 AM ELYSSA (LIVE)	BUILD X 6:00 – 6:45 AM MARIA (LIVESTREAM)	BARRE 6:00 – 6:45 AM JULIE (LIVE)	BODY PUMP 6:00 – 7:00 AM CORINNE (LIVE)	PYRAMIDS 6:00 – 6:30 AM TARA (VIRTUAL)	BODY PUMP 8:00 – 9:00 AM LUIS (LIVE)
ACHIEVE 6:15 – 7:00 AM TARA (LIVESTREAM)	ACHIEVE 6:15 – 7:00 AM TARA (LIVE)	VIBE 6:15 – 7:00 AM TRACY (LIVE)	IGNITE 7:15 – 8:00 AM PETRA (LIVE)	VIBE 6:15 – 7:15 AM LAUREN (LIVE)	VIBE 9:15 – 10:00 AM TRACY (LIVE)
FLOW YOGA 1 7:15 – 8:00 AM ANALISE (LIVE)	BUILD X 7:15 – 8:00 AM TARA (LIVE)	OCTANE 7:15 – 8:00 AM MARIA (LIVE)	VIBE 7:30 – 8:15 AM HEATHER (LIVE)	BODY ATTACK 6:45 – 7:30 AM TSANA (LIVE)	BODY ATTACK 9:15 – 10:00 AM LUIS (LIVE)
SCULPT 8:30 – 9:15 AM PETRA (LIVE)	ACHIEVE 7:30 – 8:15 AM PETRA (LIVE)	REMIX 8:30 – 9:15 AM KATELYN (VIRTUAL)	BUILD X 8:30 – 9:15 AM LAURA (LIVE)	ACHIEVE 7:30 – 8:15 AM TARA (LIVE)	BODY JAM 10:30 – 11:30 AM TRACY (LIVE)
ACHIEVE 9:00 – 9:45 AM CARRIE (LIVE)	PILATES I 8:30 – 9:15 AM CLAUDIA (LIVE)	ACHIEVE 9:00 – 9:45 AM JALYNN (LIVESTREAM)	ACHIEVE 9:00 – 9:45 AM PETRA (LIVE)	BARRE 8:45 – 9:30 AM LAURA (LIVE)	ACHIEVE 10:30 – 11:15 AM PETRA (LIVE)
REMIX 9:30 – 10:15 AM SHANNON (LIVE)	ACHIEVE 9:00 – 9:45 TARA (LIVE)	BARRE 9:30 – 10:15 AM TIFFANY (LIVE)	FLOW YOGA I 10:30 – 11:30 AM CATALINA (LIVE)	ZUMBA 9:45 – 10:45 AM ANDREA (LIVE)	PILATES 11:45 – 12:30 PM LAURA (LIVE)
FLOW YOGA I 11:45- 12:45 PM JESSICA (LIVE)	SCULPT 9:30 – 10:15 AM CLAUDIA (LIVE)	GENTLE YOGA 10:30 – 11:30 AM TIFFANY (LIVE)			VIBE 12:00 – 12:45 PM JENNY (VIRTUAL)
	BODYPUMP 10:30 - 11:30 TARA (LIVE)				
AFTERNOON					SUNDAY
PILATES I 2:15 – 3:00 PM KIM (VIRTUAL)	OCTANE 12:15 AM – 1:00 PM TARA (LIVESTREAM)	BODY PUMP 11:45 – 12:45 PM TARA (LIVESTREAM)	PILATES 12:15 – 1:15 PM LAURA (LIVE)	ACHIEVE 12:00 – 12:45 PM KATHRYN (LIVESTREAM)	FLOW YOGA I 8:00 – 9:00 AM MADELINE (LIVE)
BUILD X 3:45 – 4:30 PM TARA (VIRTUAL)	ZUMBA 2:15 – 3:00 CHRISTINE (VIRTUAL)	PILATES FUSION 2:15 – 3:00 PM CRISTEN (LIVESTREAM)	SCULPT 2:15 – 3:00 PM TARA (LIVESTREAM)		ACHIEVE 8:15 – 9:00 AM GEORGE (LIVE)
	BODY PUMP 3:45 – 4:30 LES MILLS (VIRTUAL)		ACHIEVE 4:00 – 4:45 PM ALISON (VIRTUAL)		IGNITE 9:15 – 10:00 AM JULIE (LIVE)
	ACHIEVE 4:00 – 4:45 ALISON (VIRTUAL)		GENTLE YOGA 4:15 – 5:15 PM JOLYON (LIVE)		ACHIEVE 9:30 – 10:15 AM CARRIE (LIVE)
EVENING					
ACHIEVE 5:30 – 6:15 PM CARRIE (LIVE)	VIBE 5:30 – 6:15PM PONGKHI (LIVE)	FLOW YOGA I 5:15 – 6:15 PM CHER (LIVE)	IGNITE 5:30 – 6:15 PM ELYSSA (LIVE)	BARRE 5:30 – 6:15 PM TIFFANY (LIVE)	BARRE SPORT 10:30 – 11:15 AM JULIE (LIVE)
IGNITE 5:30 – 6:15 PM ADRIENNE (LIVE)	OCTANE 5:30 – 6:15 PM ELYSSA (LIVE)	VIBE 5:30 – 6:15 PM SARAH (LIVE)	VIBE 5:30 – 6:15 PM ELLEN (LIVESTREAM)	VIBE 5:30 – 6:15 PM TARA (VIRTUAL)	BODY PUMP 11:45 – 12:45 AM ALEX (LIVE)
BODY JAM 6:30 – 7:30 PM SHOSHANA (LIVE)	ACHIEVE 6:30 – 7:15 PM LORI (VIRTUAL)	BODY PUMP 6:30 – 7:30 PM KELLY (LIVE)	BODY COMBAT 6:30 – 7:30 PM KELLY (LIVE)	FLOW YOGA 6:30 – 7:30 PM ANALISE (LIVE)	VIBE 12:00 – 12:45 PM HEATHER (VIRTUAL)
VIBE 6:45 – 7:30 PM ALI (LIVE)	ZUMBA 6:30 – 7:15 PM NATASHA (LIVE)	VIBE 6:30 – 7:15PM TARA (VIRTUAL)	ACHIEVE 6:30 – 7:15 PM JALYNN (VIRTUAL)	ACHIEVE 6:30 – 7:15 PM JALYNN (VIRTUAL)	ZUMBA 1:00 – 2:00 PM SHANNON (LIVE)
BODY PUMP 7:45 – 8:45 PM SHOSHANA (LIVE)	POWER YOGA 7:45 – 8:45 PM LEAH (LIVE)	BODY JAM 7:45 – 8:30 PM TRACY (LIVE)	305 7:45 – 8:30 PM LINDSAY (LIVE)		